



*Daily Words*  
*to Lift Your Spirit*

I am surrounded by light and peace.

I am calm and confident.

Joy finds me in the smallest moments.

I am blooming exactly where I am.

Every breath I take renews me.

I am whole, just as I am.

I am in harmony with life.

Today is filled with possibilities.

I am strong in spirit.

Everything good is already  
on its way to me.